

THE CROODS

By Lorraine Viade, Psy.D.



The Croods is a delightful female coming of age story about a teen cave girl who finds love on the rocks once she strays away from the safety of her home and family. *The Croods* consist of an overprotective dad (voiced by Nick Cage), a loving mom, baby sister and living fossil grandma.

The theme of separation and individuality is central to this story which is a marvel in 3-D. The beauty, sadness, acceptance and change that a family must endure in order to survive changing times are the driving forces behind it all.

What it means to be a teenager in a strange new world, leaving the safety of the boring nest and to discover your own place in the world is a natural part of life. *The Croods* make the transitions fun and exciting to watch. So convincing are the actors in this animated film that I felt tears well up more than a few times. This is the best from Nick Cage in a long time. What it means to be a parent, a teenager, an elder and a mother – and how that nuclear family expands to embrace others – is so well done that the art takes on a life of its own, making these characters

seem very real. I loved it for the way the story is told and for the imaginative way the ancient animals are envisioned.

The Croods are a great example of how parents must put their own fears aside to help launch the next generation along. The movie also reminds us that the strength, support and wisdom of those who come before us cannot be ignored or disrespected. There is so much to enjoy about *The Croods*. It has humor, action, love, adventure, danger and life lessons encapsulated in a family-friendly package. Find the dollar theater where this one is playing in 3-D – or better yet, buy it for your family and watch it again and again. *The Croods* are timeless in their message of hope for the future. The future is now. See it. Buy it. Enjoy it.

I give *The Croods* five cavemen.

